College Students Exercising less

EXERCISE IS GREAT!

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| Figure : Have fun and take a run! |  | **Why is this happening?**  * Students are overburdened with school work. * While 71% of students played a sport in high school, only 6.7% play a sport in college * Students are lacking the motivation to exercise, whether it be playing a sport, lifting, running, etc. |

**HOW CAN WE FIX THIS PROBLEM?**

* gET STUDENTS TO EXERCISE
* oFFER PROGRAMS TO HELP STUDNTS MANAGE TIME
* kEEP STUDENTS informed about intramural sports opportunities
* educate students on the health risks the come with minimal exercise
* Encourage your friends to exercise
* encourage your family to motivate you to exercise
* Find an activity you are passionate about and stick to it!



